



Outdoor Recreation – Organized Youth Activities Phase One Reopening Strategy in Response to COVID-19

April 28, 2020

Working together, Montanans have succeeded in limiting the person-to-person spread and impacts of COVID-19. This has presented an opportunity to begin a phased reopening of activities and businesses that were previously required to be closed. A directive issued by the governor on April 22 specifically allows for resumption of outdoor recreation and youth activities. Please note the following

requirements for Phase One:

1. Conduct health assessments of all attendees at the beginning of each event. Anyone with symptoms of COVID-19 must be sent home. These include fever, cough, difficulty breathing, body aches, and sore throat.
2. Avoid gathering in groups of more than 10 people in circumstances that do not readily allow for appropriate physical distancing.
3. Maintain physical distancing between groups.
4. Strongly encourage the use of cloth face masks.
5. Follow frequent sanitizing protocols.

Lewis and Clark Public Health has the following **additional guidance** to help protect individuals from disease.

1. **Develop a written plan** to manage Phase One operations. Be sure to address any issues unique to your operations and location.
2. **Strongly encourage the use of cloth face masks** that fully cover the mouth and nose.
 - a. A cloth face covering will help contain any respiratory droplets from the wearer and protect other people. You could spread COVID-19 to others even if you do not feel sick.
 - b. The cloth face cover is not a substitute for social distancing and good personal hygiene.
 - c. Cloth face coverings can be made at home or purchased. If you want to make your own face mask, there are lots of patterns and instructions available. Here are two patterns that are recommended by reliable sources:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

St. Peter's Health:

<https://www.sphealth.org/sites/default/files/making%20a%20basic%20mask%204.6..20.pdf?1586198571129>

3. Support respiratory etiquette and hand hygiene.

- a. Provide tissues and no-touch disposal receptacles.
- b. Provide hand-washing facilities with soap and water and single-use towels. If hand washing with soap and water is not feasible, provide an alcohol-based hand sanitizer with at least 60% alcohol.
- c. Discourage handshaking and encourage the use of other noncontact methods of greeting.

4. Routinely clean and sanitize.

- a. Clean and sanitize shared equipment between users.
- b. Use the cleaning agents that you usually, and follow the directions on the labels.
- c. After you clean, then sanitize. A list of sanitizers effective against the virus that causes COVID-19 is located on the EPA website: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

- 5. Activities and games are not allowed if physical distancing cannot be maintained. This includes participants and spectators.

If you have questions or need technical assistance, please call Lewis and Clark Public Health at 457-8900. Thank you for helping to protect our community from COVID-19.

If you suspect Coronavirus, contact your medical provider.

For a link to this document and other local information: www.lccountymt.gov/covid-19